

# Farola

## RECIPE BOOK



# MARSHALL'S FAROLA

## ANALYSIS

*of a* SAMPLE *of* FAROLA

*by* A. WYNTER BLYTH, M.R.C.S.

|                         |     |      |               |
|-------------------------|-----|------|---------------|
| Hygroscopic Moisture    | ... | ...  | 13·60         |
| Fatty Matters           | ... | ...  | ·86           |
| Albuminoids             | ... | ...  | 7·27          |
| Soluble in cold water   | ... | ·70  |               |
| Insoluble in cold water |     | 6·57 |               |
| Carbohydrates           | ... | ...  | 78·27         |
|                         |     |      | <u>100·00</u> |

FAROLA is in the form of a fine granular powder, and is soluble in cold water to the extent of ·7 per cent. A microscopical examination shows that it is made of perfectly pure materials, and that the statements of the manufacturers are correct as to its preparation and properties.

(Signed) A. WYNTER BLYTH.

Barcode  
at back →

JAMES MARSHALL (GLASGOW), LTD.

2 ORR PLACE, GLASGOW, S.E.

[ca. 1930?]

# FAROLA

## THE PERFECT WHEAT FOOD

**F**AROLA is made from the finest wheat the world produces, grown on the rich virgin soil of North-Western Canada. Nothing is added. It is manufactured by a mechanical process which removes all irritating and indigestible matter from the grain, winnows and purifies it, and gives it that fine granular form which makes it so easily prepared for the table.

Then it is packed in air-tight cartons of 1 lb.,  $\frac{1}{2}$  lb. and  $\frac{1}{4}$  lb. net weight by electric automatic means. Throughout the entire process of manufacture and packing it is untouched by hand, passing pure and clean from the harvest field to the kitchen table.



## MARSHALL'S FAROLA

Farola claims to be no artificial food but a pure and natural food of the highest value with all the sun and character of wheat in it.

Since its introduction over forty years ago, it has been recognised as a most nourishing food which, when combined with milk, makes a perfect food for old and young.

It is easily and quickly made. It is nourishing, dainty and cheap. It can serve as an addition to other foods to give variety.

This book gives thirty different dishes which can be made with Farola. These are merely an indication of the variety of uses to which this food can be put, and every housewife will be able to supplement them with others derived from her own experience and skill.



# Farola Recipes

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## FAROLA MILK PUDDING

|                |              |
|----------------|--------------|
| 1½ oz. Farola. | 1 pint Milk. |
| 1 oz. Sugar.   | Pinch Salt.  |
| 1 Egg.         |              |

Blend Farola with milk. Boil five minutes, stirring all the time. Add sugar and salt and cool slightly. Add a yolk of egg and beat well. Whisk white stiffly and fold in lightly, using a metal spoon. Bake in a moderate oven till nicely risen and browned, and serve immediately.

Sufficient for four persons.

## FAROLA QUEEN OF PUDDINGS

|                       |                    |
|-----------------------|--------------------|
| 1 pint Milk.          | Grated Lemon Rind. |
| 1½ oz. Farola.        | 2 Eggs.            |
| 3 oz. Castor Sugar.   | ½ oz. Butter.      |
| 2 tablespoonfuls Jam. |                    |

Put ¾ pint milk on to boil. Blend the Farola with remainder, and cook it in the boiling milk for five minutes, stirring all the time. Add grated lemon rind and butter, two yolks of eggs, and 1 oz. sugar when off the fire. Pour the preparation into greased pie-dish and bake it in the oven until set. Spread the jam over the pudding. Beat up the whites of the eggs to a stiff froth, mix castor sugar in very lightly. Heap the meringue on to the pudding, place in oven again until top of meringue is nicely browned. Serve either hot or cold.

Sufficient for four persons.

# MARSHALL'S FAROLA

## FAROLA AND CHEESE

|                      |               |
|----------------------|---------------|
| 2 oz. Farola.        | 1 pint Milk.  |
| 3 oz. grated Cheese. | 1 Egg.        |
| Pepper and Salt.     | 1 oz. Butter. |

Boil almost all the milk. Mix Farola with remainder. Pour boiling milk over this and stir till boiling. Add grated cheese, pepper, butter, salt, and yolk of egg. Whip white of egg and add. Put in greased pie-dish and bake twenty minutes.

N.B.—If desired, strained tinned tomatoes may be substituted for the milk.

## SPONGE PUDDING

|                         |                                         |
|-------------------------|-----------------------------------------|
| 3 oz. Farola.           | 2 oz. Flour.                            |
| 4 oz. Butter.           | Little Salt.                            |
| 2 Eggs.                 | 4 oz. Sugar.                            |
| 1 dessertspoonful Milk. | $\frac{1}{2}$ teaspoonful Baking Powder |
|                         | 2 tablespoonfuls Red Jam.               |

Cream sugar and butter together, add well-beaten eggs with Farola and flour, also baking powder and a little milk to make a moist mixture; grease a basin, put in the jam and then the mixture, cover with a greased paper and steam one and a half to two hours. Turn out and serve.

Sufficient for five persons.

## PRINCESS PUDDING

|               |                             |
|---------------|-----------------------------|
| 2 oz. Farola. | 1 pint Milk.                |
| 1 oz. Sugar.  | 2 Eggs.                     |
| 1 oz. Butter. | A little Raspberry Essence. |

Put milk on to boil, reserving a little milk with which to blend the Farola. Add Farola and butter and boil for five minutes, stirring. Beat up the eggs and add to mixture with sugar and flavouring. Turn into greased mould. Cover with greased paper and steam gently one hour. Turn out and serve with fruit.

# MARSHALL'S FAROLA

## FAROLA SOUFFLÉ

|                          |               |         |
|--------------------------|---------------|---------|
| 2 oz. Farola.            | 1 oz. Butter. | 3 Eggs. |
| $\frac{3}{4}$ pint Milk. | 2 oz. Sugar.  |         |

Melt butter in pan. Add Farola, then milk. Stir till boiling, and boil three to five minutes. Allow to cool a little. Add sugar and flavouring. Add yolks of eggs and mix all well. Whisk the whites stiffly and fold lightly into mixture, using metal spoon. Pour immediately into greased tin with band of paper round the top. Then place in pan with about two inches of boiling water. Cook very gently for forty minutes. Turn out, and serve with sauce, fruit, or preserves.

Sufficient for five persons.

**N.B.—A FISH SOUFFLÉ** can be made exactly as above with the substitution of 6 oz. sieved white fish for 2 oz. sugar.

## FAROLA PINEAPPLE PUDDING

|                                   |                              |              |
|-----------------------------------|------------------------------|--------------|
| 4 oz. Farola.                     | $\frac{1}{2}$ pint Milk.     | 4 oz. Sugar. |
| 4 oz. Butter.                     | $\frac{1}{4}$ tin Pineapple. | 2 Eggs.      |
| 2 tablespoonfuls Pineapple Syrup. |                              |              |
| 1 teaspoonful Vanilla Essence.    |                              |              |

Boil milk, sugar, and butter, add Farola, and stir till it becomes a thick paste. Remove from fire, add yolks of eggs, the pineapple cut into dice, syrup, flavouring, and stiffly beaten whites of eggs. Pour into buttered mould and steam one hour.

## LINCOLN PUDDING

|                            |              |
|----------------------------|--------------|
| $1\frac{1}{2}$ oz. Farola. | 2 Apples.    |
| 1 pint Milk.               | 1 oz. Sugar. |

Blend Farola with milk. Boil five minutes, stirring all the time. Add sugar and pour over the apples (which have been cored, peeled, and cavities filled with sugar) in a pie-dish. Bake in a moderate oven till apples are cooked.

Sufficient for three or four persons.

# MARSHALL'S FAROLA

## BLACK CAP PUDDING

|                                          |                 |
|------------------------------------------|-----------------|
| 3 oz. Farola.                            | 2 oz. Sugar.    |
| 1 Egg.                                   | 2 oz. Butter.   |
| $\frac{1}{2}$ teaspoonful Baking Powder. | 1 oz. Currants. |

Cream butter and sugar, add well-beaten egg and Farola alternately, reserving a little Farola to mix with baking powder, which must be added last. Turn into well-greased basin with the currants sprinkled in the bottom. Cover with buttered paper and steam one and a half hours. Turn out and serve hot.

*N.B.*—If the mixture seems rather stiff, add a little milk to it before steaming.

## RHUBARB WHIP

|               |                |
|---------------|----------------|
| 1 oz. Farola. | 1 lb. Rhubarb. |
| 1 gill Water. | 4 oz. Sugar.   |
| Pinch Salt.   |                |

Stew rhubarb, water, and sugar till tender. Blend Farola with a little water and add to rhubarb. Boil five minutes, stirring. Allow to cool a little. Pour into crystal. Serve cold with cream.

Sufficient for four persons.

## FAROLA FRUIT SHAPE

|                           |                  |
|---------------------------|------------------|
| 3 tablespoonfuls Farola.  | 1 lb. Fruit (red |
| $\frac{1}{4}$ lb. Sugar.  | preferably).     |
| 2 breakfastcupfuls Water. |                  |

Boil the fruit and water for twenty minutes, strain and return liquid to the pan. Stir in the Farola, previously blended with a little of the water, also the sugar, keep stirring and boil for five minutes. Pour the mixture into a wetted mould.



# MARSHALL'S FAROLA

## FRUIT TART

|                          |                            |
|--------------------------|----------------------------|
| 3 oz. Farola.            | Cold Water to mix.         |
| 3 oz. Lard and Margarine | <i>Filling for Tart :—</i> |
| (mixed).                 | Seasonable Fruit.          |
| 3 oz. Flour.             | Water if necessary.        |
| Pinch Salt.              | Sugar to sweeten.          |

Mix dry ingredients, cut fat finely with knife, then rub with finger tips till like fine bread crumbs. Add sufficient cold water to mix to very stiff paste. Use for covering tart. Prepare fruit and place in pie-dish, adding sugar when half filled. Pile remaining fruit neatly on top and add a little water. Roll out pastry, place strip round wetted edges of dish. Wet this strip of pastry and place lid of pastry on top. Trim round edges. Mark neatly, and bake in hot oven about forty minutes. Dust sugar over top, and serve.

## FAROLA GINGER SHAPE

|                  |                                          |
|------------------|------------------------------------------|
| 1 pint Milk.     | 4 oz. Preserved Ginger cut               |
| 2 oz. Farola.    | in pieces.                               |
| 2 yolks of Eggs. | $\frac{1}{4}$ pint of the Syrup in which |
|                  | the Ginger is preserved.                 |

Blend the Farola with  $\frac{1}{4}$  pint of the milk ; put the remainder into a stewpan ; when boiling add the Farola and cook for five minutes, stirring meanwhile. Remove from the fire, and beat in the yolks ; add the ginger. When cold, unmould and serve with the syrup poured round the dish.

*N.B.*—Any tinned fruit may be used instead.

## FAROLA AND COCOA SHAPE

|                         |                          |
|-------------------------|--------------------------|
| 1 tablespoonful Farola. | 1 tablespoonful Sugar.   |
| 1 tablespoonful Cocoa.  | 2 breakfastcupfuls Milk. |

Mix all the above ingredients in a saucepan with the milk, smoothing out all lumps. Stir over the fire till it has been boiling for five minutes. Pour into wetted cups and turn out when cold.

# MARSHALL'S FAROLA

## CARAMEL FAROLA SHAPE

|                     |                           |
|---------------------|---------------------------|
| 2 oz. Farola.       | 2 oz. Loaf Sugar.         |
| 1 oz. Castor Sugar. | 1 tablespoonful of Water. |
| 1 pint Milk.        |                           |

Melt 2 oz. loaf sugar in one tablespoonful of water in an iron saucepan or, better still, in a copper sugar boiler. Allow the sugar to boil quickly until it becomes a dark golden colour. Pour the browned sugar into a perfectly dry mould, and turn it round until a thick coating of the caramel is formed all over the inside. When the caramel is cooled it will be found to be firmly set on the mould. Blend the Farola with half the milk, stir into the rest of the milk when boiling, add the sugar, and cook for five minutes. Pour the Farola mixture into the prepared mould whilst it is hot. Set the mould in a cold place until the preparation is firm, when it will be readily unmoulded by a brisk shake. The caramel will form a delicious sauce round the pudding.

## LEMON FAROLA

|                |                        |
|----------------|------------------------|
| 1½ oz. Farola. | 1 tablespoonful Golden |
| ½ oz. Sugar.   | Syrup.                 |
| 1 pint Water.  | 1 Egg.                 |
| 1 Lemon.       |                        |

Boil water, reserving a little for blending Farola. Stir Farola, grated lemon rind, and juice into boiling water and boil for five minutes. Remove from fire, add syrup and egg (which has been well beaten), and pour into a wetted mould. When cold, turn out.

*N.B.*—Omit egg if desired.

## MARSHALL'S FAROLA

### CUSTARD FOR USE WITH STEWED FRUIT

|                           |                  |
|---------------------------|------------------|
| 1 dessertspoonful Farola. | 1 Egg.           |
| 1 dessertspoonful Sugar.  | Vanilla Essence. |
| 2 breakfastcupfuls Milk.  |                  |

Put the milk on to boil, reserving a little with which to blend the Farola. Add the Farola and boil five minutes, stirring meanwhile. Allow to cool, beat up the egg and add the mixture to it gradually. Return to the pan, re-heat but do not boil. Add sugar and flavouring.

Delicious with all kinds of stewed fruits and as a sauce with "Marshall's Semolina Snow."

Sufficient for five persons.

### BAKED CUSTARD

|                          |                    |
|--------------------------|--------------------|
| 1½ pints Milk.           | 2 oz. Sugar.       |
| 2 tablespoonfuls Farola. | 2 Eggs.            |
| 2 oz. Butter.            | Grated Lemon Rind. |

Blend Farola with a little milk, add rest of milk, butter, sugar, and lemon rind. Boil five minutes, stirring meanwhile. Beat yolks and whites of eggs separately, stir into mixture while still hot. Bake in a moderate oven for half an hour.

Sufficient for four persons.

### TOMATO AND MACARONI CUSTARD

Place in a pie-dish some slices of tomato and cooked macaroni, sprinkled with seasoning. Blend 1 oz. Farola with  $\frac{3}{4}$  pint milk. Boil five minutes, then pour over the macaroni and tomato. Sprinkle with bread raspings and bake in a moderate oven fifteen minutes.

N.B.—If desired, cooked cauliflower may be substituted for tomato.

# MARSHALL'S FAROLA

## FISH CUSTARD

|               |                                 |
|---------------|---------------------------------|
| 1 oz. Farola. | 1 pint Milk.                    |
| 1 Egg.        | $\frac{3}{4}$ lb. Filleted Fish |
| Seasoning.    | (Haddock or Whiting).           |

Grease pie-dish. Cut fish into neat pieces and sprinkle with seasoning. Place in pie-dish. Blend Farola with milk and boil five minutes. Allow to cool a little and add egg and seasoning. Pour over fish and bake in moderate oven for about thirty minutes.

Sufficient for four persons.

*N.B.*—Grated cheese may be sprinkled over five minutes before removing from oven.

## FAROLA GRUEL AND INFANTS' FOOD

|                          |                              |
|--------------------------|------------------------------|
| $\frac{1}{2}$ pint Milk. | 1 heaped teaspoonful Farola. |
|                          | Sugar to taste.              |

Blend the Farola with a little of the milk, boil the remainder. Add the Farola and milk. Cook for at least five minutes, stirring all the time. Sweeten to taste.

Add sufficient milk and water to thin the mixture for use in the feeding bottle.

## POTAGE BLANC AU FAROLA

|                           |                |
|---------------------------|----------------|
| 1 pint Milk.              | 1 yolk of Egg. |
| 1 oz. Farola.             | 1 pint Stock.  |
| $\frac{1}{2}$ gill Cream. | Seasoning.     |

Use good stock well flavoured with soup vegetables, mix with it  $\frac{3}{4}$  pint milk, boil up and add the Farola, blended with  $\frac{1}{4}$  pint milk. When it has cooked five minutes, mix the cream with the yolk and add these to the soup off the fire. Season carefully. Do not allow the soup to boil after the cream is added. Serve with fried croutons.

Sufficient for three or four persons.



# MARSHALL'S FAROLA

## BEEF TEA FAROLA

$\frac{1}{2}$  lb. Tea Beef.       $\frac{1}{2}$  teaspoonful Farola.  
1 pint Water.      Seasoning.

Remove fat, wipe meat and cut very finely. Soak for one hour. Simmer slowly twenty minutes. Remove fat and strain. Add blended Farola and boil gently for seven minutes. Season and serve hot with thin toast.

## FAROLA SOUPS

Farola can be used as a thickening for most soups if the following instructions are followed:—

Blend with a little cold liquid and add to the soup fifteen minutes before serving in the proportion of  $\frac{1}{2}$  to 1 teaspoonful of Farola to 1 pint of soup, depending on the nature of the soup.

N.B.—Gravies for stews, etc., may be thickened in the same way by using the same proportions.

## FAROLA BISCUITS

$2\frac{1}{2}$  oz. Flour.      2 oz. Butter.  
 $3\frac{1}{2}$  oz. fine Farola.      1 Egg.  
1 oz. Castor Sugar.       $\frac{1}{4}$  teaspoonful Baking Powder.  
Mix the dry ingredients together, rubbing the butter into the flour. Beat up the egg and mix into the flour, etc., until a stiff paste is formed. Roll out, cut into biscuit shapes, and prick. Bake in a very moderate oven.

## FAROLA CAKE

5 oz. Farola.      3 oz. Sugar.  
3 oz. Butter.       $\frac{1}{2}$  teaspoonful Baking  
A little Milk, if necessary.      Powder.  
2 Eggs.

Beat butter and sugar together till white and creamy. Add the eggs, well beaten, then the Farola, baking powder, and a little milk if necessary. Turn into greased-papered tin and bake in a moderate oven from three-quarters to one hour.

# MARSHALL'S FAROLA

## FAROLA BUNS

|                                        |                                 |
|----------------------------------------|---------------------------------|
| 4 oz. Farola.                          | 4 oz. Flour.                    |
| 2 oz. Lard and Mar-<br>garine (mixed). | 1 teaspoonful Baking<br>Powder. |
| 2 oz. Soft Sugar.                      | 1 Egg.                          |
| 2 oz. Mixed Fruit.                     | Pinch Salt.                     |

Place dry ingredients (except baking powder) in basin. Rub in lard and margarine till very fine. Add fruit, baking powder, egg, and, if necessary, sufficient milk to mix to a stiff dough. Form into little balls, place on a greased tin, brush with a little egg, and bake in a fairly hot oven ten to fifteen minutes.

N.B.—Great variety may be had by substituting cocoanut, chopped figs, dates, etc., in above proportions.

## BACHELOR'S BUTTONS

|               |                                          |
|---------------|------------------------------------------|
| 3 oz. Farola. | 3 oz. Sugar.                             |
| 3 oz. Butter. | $\frac{1}{2}$ teaspoonful Baking Powder. |
| 1 Egg.        | A little Flavouring.                     |
| 3 oz. Flour.  | Pinch Salt.                              |

Cream butter and sugar together. Add Farola, flour, and egg separately. Lastly, add baking powder and mix quickly. Shape into little balls and toss in castor sugar. Place on a greased tin and bake in a moderate oven for about ten minutes.

## PORRIDGE OF FAROLA

|                                       |                        |
|---------------------------------------|------------------------|
| 1½ pints Milk.                        | 1 tablespoonful Sugar. |
| 2 tablespoonfuls Farola               | A little Salt.         |
| (Preferably medium or large grained). |                        |

Blend Farola with milk and soak for two hours. Then stir till boiling until the Farola is thoroughly burst. Serve hot with milk. Children may be spoon fed with Farola from the time of weaning, but the mixture should be made somewhat thinner when they are so young.

Sufficient for three persons.

# MARSHALL'S FAROLA



**C**ONDENSED MILK may be used if allowance be made for its greater sweetness.

To prevent lumping, it is advisable to mix and smooth the Farola in a little milk or water before cooking.

We recommend a double-bottom pan to prevent burning.



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**JAMES MARSHALL (GLASGOW), LTD.**

2 ORR PLACE, GLASGOW, S.E.

# MARSHALL'S FAROLA

MADE PURELY  
FROM WHEAT